

After School Activities

ES Choir: KG-5

Students will be focusing on developing their singing voice, singing in unison, in rounds, as well as in two parts. There may also be solo and small ensemble singing opportunities. Though we will mostly focus on choral skills and games, our end result will be the fantastic concert at the Grand Hyatt Tree Lighting Ceremony, held this year on the evening of December 8th. *Please note- your student MUST be available to attend this event to be in choir*. This has been a wonderful tradition that the Hyatt has given the ASB Elementary community and is a special experience for all students involved.

ES Soccer: KG-5

This entry level course is geared towards players who are just beginning their exploration of the game. The focus areas below will set the groundwork for more competitive programs in the future and ignite the child's passion for the sport:

Technique: Experiment with the qualities of a rolling or spinning ball. Introduce ball lifting, juggling, block tackle, receiving ground balls with the inside and sole of the foot, shooting with the inside of the foot, toe passing and shooting and dribbling while changing direction. Introduce the push pass.

Fitness: Agility, eye-foot and eye-hand coordination, balance, leaping, bounding, tumbling, catching, throwing, pulling, pushing, warm-up activities and movement education.

Psychology: Encourage working in pairs, sportsmanship, parental involvement, how to play, emotional management, creativity, dynamic activities, participation of all players, developing self-esteem and a safe and fun environment.

Tactics: Back line and forward line, 1v1 attack and choosing to dribble or pass. Introduce the names of positions (fullbacks and forwards). Institute games of 2v1, 1v2 and 2v2, playing with the ball with a purpose and promote problem solving.

Cricket Kids: KG-2

Cricket India Academy recognizes that young children have different needs, requirements and motivations for being involved in sport. Modified sport for young children is encouraged to avoid injury, maximize participation and ensure appropriate skill development. Cricket Kids is founded on this philosophy. It is a program built on learning through game play and targeted for specifically for K-2 boys & girls. The focus is on introducing the skills & requirements of cricket in fun, engaging and child friendly activities. This activity is run by the Cricket education Program linked up with Cricket Australia.

Note: During the month of September & early October there are possibility of showers. If on a session day it is raining ASB would arrange a room /space, where CEP coaches will conduct modified structured activities or show educational cricketing videos to continue the learning of our kids within the program.

Taekwondo: KG-2

Taekwondo is a traditional Korean martial art that involves more than physical fighting skills. Taekwondo training reinforces agility, flexibility, improves strength, and motor skills coordination. This

course will focus on the values of Taekwondo, the fundamentals of Taekwondo stances, kicking, and hand techniques. Students participating in Taekwondo as an After School Activity will now need to buy a Gee (Attire) to wear for this class. This has been articulated by the Instructor for the class in a view to better the experience for students participating in this activity.

The cost of the Gee will be Rs. 500/. Payments could be made directly to the instructor of the class. The attire will be provided the following week after payment as per the size of your child.

Marcos Quay Mini Tennis Program: KG-5

Mini Tennis is a highly structured curriculum program designed by British Tennis. It is aimed at student from Jr.KG- Grade 5. It is a progressive program where equipment and courts are modified to suit the child. Softer balls, smaller rackets and smaller courts are used to allow students to develop better. Mini Tennis is a ITF (International Tennis Federation) certified program. The program focusing on the sporting fundamentals that is required in a young child. With key focuses on Tennis basics as well as our ABC's (Agility, Balance and Co-ordination). After completing our program if the child does decide to pick up another sport such as soccer, cricket or golf etc. many skills learnt here will be helping them in multi sports too.

Wall Climbing: G1-5

Students participating in this adventure sport will be introduced to the Basics of Sport Climbing with a brief History about the Sport. Below mentioned is some of the content that students will experience.

- Type of Holds
- Climbing Techniques for Climbing on the Wall
- Maintaining of Center of Gravity
- Various Climbing Postures for Sport Climbing
- Types of Competition Climbing
- Safety Equipment & its Uses
- Rope Controlling and its Management

Kid Fit: KG-2

KOOH Sports brings to India - Kid Fit, a leading US based, fitness and nutrition curriculum for children of 6 age groups between 1.8 to 7 years. The curriculum consists of over 250+ fun activities which help in developing fundamental movement skills and gross motor skills. The activities are designed not only to improve fitness and sport abilities but also help in instilling healthy lifestyle habits amongst children. The break through approach to introduce kids to this program is to develop their fundamental movement skills and gross motor skills. It encompasses the following formats:

- Age wise Physical and Cognitive development
- Education during Exercise – Teaching body basics through activities
- Fun activities using Props and Music
- Reinforcement through repetition
- Assessment of progress

Gymnastics: KG-5

Gymnastics is a sport that enhances physical strength, flexibility, power, agility, coordination, and balance. It is a perfect sport to teach skills for life, including independence, focus and self-discipline - skills that can assist with self-esteem, mental and physical development. Gymnastics helps children

feel good about themselves and helps to raise their level of fitness and confidence. It helps students believe that they can accomplish whatever they put their mind and effort to.

The aim of our program is to provide age appropriate quality instruction in a safe positive environment keeping in mind that the children should have fun while they learn to develop balance, co-ordination and confident body movement. The curriculum is designed to be spiral in nature. As they progress, the students will experience opportunities to refine and develop their skills, abilities, knowledge and appreciation. Through participation in each unit, students will have the opportunity to acquire basic skills such as eye-hand coordination, motor skills, body awareness and expression, as well as general awareness about team cooperation, rules and health-related fitness.

Tabla: G1-5

The Tabla is a popular Indian percussion instrument used in the classical, popular, and religious music of the Indian subcontinent and in Hindustani classical music. Join us to learn the basics of Tabla play or to improve your skills on this increasingly popular instrument. This class is structured to meet the needs of students, both at the beginner and advanced (students who have passed experience in this activity) level.

- Beginners: Introduction of rhythmic alphabets and phrases, various patterns
- Intermediate: Learn rhythmic poems, themes of tabla, introduction of rhythmic cycles

Rock Start - 101 (Swirl Music): G2-5

As the name suggests, Rockstar 101 is a child's first step towards becoming the complete musician. It focuses on nurturing raw talent and helping children express themselves through music and through their instrument. This program puts into practice, our philosophy of making Music an integral part of a child's growing up years, making it easy to learn and using an approach that is light, interactive and fun. The Rockstar 101 Program will provide education and guidance in the following fields of music:

- Guitar Fundamentals
- Keyboard Fundamentals

Arts & Crafts: KG-1

In this multi-art program, students will work with different media to gain experience in clay, puppets, printing, boxes, frames and other crafts.

Art Studios: G2-5

The After School Art Program is not just to teach a particular skill but to nurture creativity, enabling participants to have an enriching experience using their senses and minds joyfully. This dynamic program includes art production, aesthetics, artist and his style, art techniques and self-expression through age appropriate hand on activities.

Ballet: KG-5

This course is designed to introduce young children to the love of dance and music through the beauty of classical ballet (Vaganova Russian style). The class will be a place that encourages creativity, imagination, and self-esteem. Classes are run by the Central Contemporary Ballet School. Additional Information: Students signed up for Ballet as an after school activity will be required to be dressed in a ballet costume. Costumes are available with the instructors at additional costs.

Bollywood Boogie: KG-5

Come shake a leg at this awesome dance extravaganza! Bollywood, Hip Hop, and bit of everything else will be incorporated in this energetic, fun activity. Come join us to learn, discover, and have fun.

G K-8

Please Note: Bollywood Boogie for KG-5 is offered on two separate days Mondays/Fridays. The course content and assignments for these classes will be identical. Please consider this if you choose to sign your child up for both days

Creative Movement Dance and Fit Kids: KG-G2

This Dance class introduces a structured environment while allowing children to recognize their own individuality and body mobility. Focus is on coordination and rhythm introduced in creative and imaginative ways. Keeping students entertained while learning beginning dance skills will help them to acquire a lifelong love for dance. Combining genres of dance, this class will develop your child's coordination as well as an understanding of dance concepts. Through this enjoyable educational experience, students will learn to use dance as a creative means of self-expression. Dance Fusion concentration is on vocabulary, alignment and proper execution of movement and memorization and independence through sequential tasking. Dance genres covered in each session jazz, stomp, hip hop and creative movement which is a base combination of it all. At the end of the term we showcase an informal performance day for family and friends at school.

Junior Chefs ASB: KG-2

This activity was formerly known as Delectable Delight: In this course students will learn the basics of baking and similar styles of cooking. Students will gain experience with ingredients and cooking apparatuses. This class will be a little messy, a little challenging, but definitely a whole lot of fun. Our junior chefs will be trained in kitchen hygiene and safety. Use of simple implements e.g. spatula, dough cutter, balloon whisk will be permitted under supervision. Baking and cooking recipes will be covered where firm finger dexterity come into play e.g. simple cookie, biscuits, mini and medium tarts, basic bread making techniques and quick starters will be taught. Oven and other heating implements have been used successfully with this group as they follow instructions well and do not cross a safety line unless under the teachers supervision. Ingredients used will help explore their taste buds as seasonal fruits and vegetables are used in the different recipes. Sharing of tasks and work allows for simple team exercises which culminate in a sense of achievement at the end when a product is prepared.

Yoga: KG-5

The Yogakids program is a complimentary Practice which aids all other sports practices and balances the body and mind of a child in a sequence that boosts their performance. The program helps:

1. Increasing focus
2. Developing strength
3. preventing injury
4. Gaining flexibility
5. Understanding the body better
6. greater academic achievement
7. improved peer relationships
8. development of coping skills

It is not only a physical practice but also clears and heals emotional blocks and helps them gain EQ vis-a-vis IQ. This is the "whole" self-development which I'm sure all parents aim at.

Weebot Robotics: KG-2

The elementary explorations in an age-appropriate workshop centered on “robots” or the adaptation of a machine into a “robot.” The coursework is spread of 3 progressive programs Weebots, Apprentice, and Lego Physics. Each program consists of two levels, basic & intermediate with an increasing level of difficulty. While Science or Math concepts are topical, programming and engineering design run as an intertwined thread through the course.

A class involves introduction to an engineering concept followed by building a model from a guided plan, programming and testing it. A craft or a challenge activity or adaptation of the model is encouraged. Each project is designed to enhance a student’s concentration, dexterity, and problem solving, and thinking abilities in a dynamic and enjoyable environment. Resources used during the workshop are Lego WeDo, Machines and Mechancis, and Little Bits.

Some examples of activities are:

- Weebots: Hungry Alligator, Snail Car, Simple machines in the park
- Apprentice: Turstile, Fan, dynamometer car
- Lego Physics: Trundle Wheel, robotic arm

Returning students continue to advance through the course.

Forensics: KG-5

The E3 programs in Forensic Science are designed to meet the curiosity all children have in ‘C.S.I’ (Crime Scene Investigation)...wanting to be detectives! Our program aims to enhance the skills of logic, reasoning, exploration, lateral thinking while encouraging team work. Examination of clues - fingerprints, footprints and other ‘cool’stuff - is taught through games, stories, and discussions with the little ones (K-2). All mock crime scenes are designed to be age appropriate yet exciting! We look forward to a ‘fun forensics’ semester with gloves, magnifying glasses and solving crime as the agenda!

Eligibility:

- Fluency in English (written & spoken)
- Batches: Ages 6-8 years (Grades K-2), and no prior forensic knowledge
- Ages 9 – 12 years (Grades 3-5), and no prior forensic knowledge

Weird Science: KG-5

Come join us for hands-on science experiences that are as entertaining as they are educational. Weird science will introduce you to a world of discovery while sparking your imagination. This activity encourages scientific literacy, and reinforces reading, writing and arithmetic.

Chess: KG-5

Students will learn the complete set of rules for chess as well as some of the basic openings and strategies to the game. Students will have the opportunity to implement the skills and strategies learnt by participating in matches within their group. The season will end with an age appropriate mini tournament.

Exploring the Marvels of the Earth: KG-2

In our highly civilized, urban environment, here is an opportunity to help our children connect to and appreciate the beauty and harmony of nature. Exploring the Marvels of the Earth will allow students to enjoy the simple pleasures of:

- Potting a Plant
- Making a mini Aquarium
- Setting up a Rock Garden
- Learning about rocks and soil and Sand painting
- Tossing up a Herb salad
- Creating a Nature Journal and
- Learning Ikebana

Coders Club: KG-2

Students from Kindergarten to grade 5 will be introduced to the basics of computer programming, game designing and animation with the help of different apps and websites. They will get familiar with:

- What is coding? How does it work?
- Learn to program.
- Create video games, animations (stories) or apps!

Students will learn skills and techniques as coders to solve problems, be critical thinkers and creative designers. Students will make connections with the real world through coding. Students will work on Web 2.0 tools, 21st century skills, latest programs and devices.

ASA Language Program

Mandarin Beginner Program: G1-2

Course Objective: Making younger kids learn Mandarin through fun activities.

Course Content: An interesting story book of two little Chinese kids Mingming and Huahua will be used to teach children.

The CEFR guidelines will be followed. The course will include more songs , spoken activities and character learning.

German Beginner Program: G1-2

Aim of the course: Introducing the German language to younger learners of class 1 & 2.

Course content: The course would be a mix of play, work and fun. Puppets, craft work, music and much more. The guidelines of the common European framework will be borne in mind while conducting this course. Get the German-edge!

Spanish Beginner Program: G1-2

Course Objectives:

- Introduce children to basic every day phrases and vocabulary
- Enable children to understand and practice speaking Spanish
- Enable children to understand written and spoken Spanish Additionally, it seeks to familiarize students with some aspects of Hispanic culture.

It will:

- Familiarize the students with aspects of Spain and Latin America.
- Provide information on acceptable codes of behavior when visiting any Hispanic country.

Mandate to achieve the said objectives: The following three skills will be worked upon in class:

- a. Listening comprehension
- b. Reading comprehension
- c. Spoken expression

Most lectures will have the following major components:

1. Listening comprehension
2. Key sentences, grammar and vocabulary